



**ADVANCED TRAINING CAMP
TENTATIVE DAILY SCHEDULE**

SUNDAY

10:00 am – 11:30 am Check in @ Indoor Training Center - 1150 South State St/Behind Baseball
Weigh –in
Dormitory Check-in for Resident Campers (Room Assignments)
Proceed to South Quad dorm for room check-in – 600 E. Madison St.
Resident Campers must be in South Quad lobby by 1:30pm to meet camp staff.

(*Lunch is on your own on Sunday)

2:00-4:00 pm Technique/Drill
4:30 -6:00 pm Dinner Hours
6:30 pm Technique
7:30-8:00 pm Scrimmage
In dormitory immediately following session

MONDAY

6:30 am – 7:00 am Conditioning
7:00 am – 8:00 am Breakfast Hours
9:00-11:00 am Technique/Drill
11:30 pm – 1:00 pm Lunch Hours
1:30-3:00 pm Technique/Drill/Train
4:30 pm – 6:00pm Dinner Hours
6:30 pm Drill
7:30 pm 1st Round Wrestling Tournament
In dormitory immediately following session

TUESDAY

6:30 am – 7:00 am Conditioning
7:00 am – 8:00 am Breakfast Hours
9:00-11:00 am Technique/Drill
11:30 am – 1:00pm Lunch Hours
1:30-3:00 pm Technique/Drill/Train
4:30 pm – 6:00 pm Dinner Hours
6:30 pm Drill
7:30 pm 2nd Round Wrestling Tournament
In dormitory immediately following session

WEDNESDAY

6:30 am – 7:00 am Conditioning
7:00 am – 8:00 am Breakfast Hours
9:00-11:00 am Technique/Drill
11:00 am Final round wrestling tournament
1:00 pm – 2:00 pm Check-out of South Quad Dorm -600 E. Madison St.

Please Note: Parents may attend the Final Round Wrestling Tournament, but ALL CAMPERS will be required to be escorted back to the dorm by Coaching staff. Parents can pick up campers/check out campers at South Quad dorm. We appreciate your help on this matter to ensure the safety and security of all campers